

## Child Care Health Consultation Lesson Plan

**Contractor Name:** Standard Lesson Plan

**Date Submitted:** January 15, 2015

☐ **Children's Health Promotion**

Adult Training on Content Area V: Health and Safety	Health and Safety Standards	Training Levels
<b>Select one standard and one level</b>	<input type="checkbox"/> Promoting Risk Management Practices	<input type="checkbox"/> 1 <input checked="" type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
	<input type="checkbox"/> Protecting Children and Youth	<b>Source:</b> Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011
	<input checked="" type="checkbox"/> Promoting Physical Health	
	<input type="checkbox"/> Promoting Mental Health	
	<input type="checkbox"/> Promoting Healthy Eating	

**Title:** Dietary Guidelines for Americans – Weight Loss Tips and Keeping it Off

**Training Goal:** Participants will be able to calculate body mass index and caloric intake that supports a healthy weight

**Learning Objective(s):** Participants will

- Acquire ability to calculate body mass index (BMI)
- Calculate the calories required to support a healthy weight/weight loss
- Acquire skills for healthy weight loss and preventing re-gaining weight lost

Topical Outline of Content	Training Method(s)	Time (in minutes)
<b>NOTE TO TRAINER: All supporting training documents (activities/quizzes/video clips, powerpoint slides, handouts) , &amp; evaluations can be accessed and downloaded at:</b> <a href="http://health.gov/dietaryguidelines/workshops/">http://health.gov/dietaryguidelines/workshops/</a>		
Introduction – Review the Learning Objectives	Intro	5 min
<b>Objective 1:</b> Calculate body mass index (BMI)– Review handout: <i>Your Healthy Weight</i>	Lecture; handout Group activity (calculations)	15 min
<b>Objective 2:</b> Calories you need each day– Review handout: <i>Daily Calorie Needs</i>	Lecture; handout; group activity - calculating calories	15 min
<b>Objective 3:</b> Tips for losing weight and keeping it off – Review handout: <i>Top 4 Tips for Losing Weight and Keeping It Off</i> ; Review handout: <i>Calorie Log</i> ; Activity: Rethink Your Drink using handout ; Review handout <i>MyPlate</i> and how to use <i>10 Tips to Use SuperTracker Your Way</i>	Lecture/discussion Handouts Group activity	20 min
Wrap-up/Q&A / evaluation	Q & A, evaluations	5 min

**Method(s) of Outcome Evaluation:** Participation in discussion & group activities; Q & A; evaluation

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**APPROVED FOR    CLOCK HOURS**

**Date Approved:**  
Jan 15, 2015

**Authorized Approval Signature:**



**Date Expires:**  
Jan 2018